

WE CLAIM:

- Sub 7
1. A neck exercising apparatus providing a mechanical load to a user's neck and/or back, comprising:  
a cap-like device adaptable to cover portions of a user's hair and scalp;
- 5 the cap-like device having an outer surface including a plurality of attachment members; and  
at least one weight having a surface including a plurality of attachment members compatible with the outer surface attachment members,  
whereby confronting attachment members on the at least one
- 10 weight and the cap-like device serve to releasably fasten the at least one weight to the cap-like device to apply a mechanical load to the user's neck and/or back area.
2. The apparatus according to Claim 1, wherein the attachment members include a plurality of hook and pile-like members.
3. The apparatus according to Claim 2, wherein the attachment members comprise VELCRO hook and pile-like members.
4. The apparatus according to Claim 1, wherein a plurality of separate weights, each having a surface including a plurality of attachment members, are releasably fastened to selected portions of the outer surface of the cap-like device.
5. The apparatus according to Claim 1, further including a weight belt supported on the cap-like device, with the weight belt including a plurality of pockets capable of supporting additional weights about the circumference of the user's head.

6. The apparatus according to Claim 5, wherein the weight belt further includes a surface having a plurality of attachment members confronting the outer surface of the cap-like device for releasably fastening the weight belt to the cap-like device.

7. The apparatus according to Claim 5, wherein additional weights are disposed in the plurality of pockets, allowing a user to easily alter the mechanical load applied by the cap-like device to the user's neck and/or back.

8. The apparatus according to Claim 1, further including a weight support frame having a first band of generally circular configuration extending about the cap-like device and a second, adjustable band attached at either end to the first band and capable of circumferential rotation relative to the first band.

9. The apparatus according to Claim 8, wherein at least one weight is adjustable mounted on the second band.

10. The apparatus according to Claim 8, a fastener assembly extends between either end of the second band and the first band, with the fastener assembly including confronting tooth-shaped portions and a threaded attachment member extending through aligned openings in the tooth-shaped portions for drawing the tooth-shaped portions into rigid engagement to fasten the first and second bands against relative movement.

11. A neck exercising apparatus providing a mechanical load to a user's neck and/or back, comprising:

a cap-like device adaptable to cover portions of a user's hair and scalp;

5 the cap-like device having an outer surface including a plurality of hook and pile-like attachment members;

at least one weight having a surface including a plurality of plurality of hook and pile-like attachment members compatible with the outer surface attachment members, allowing the at least one weight to be releasably  
10 attached to the cap-like device; and

a weight belt and at least one additional weight supported on the cap-like device, with the weight belt including a plurality of pockets containing the at least one additional weight.

12. The apparatus according to Claim 11, wherein the weight belt further includes a surface having a plurality of hook and pile-like attachment members confronting the outer surface of the cap-like device for releasably fastening the weight belt to the cap-like device.

13. The apparatus according to Claim 9, wherein additional weights are disposed in the plurality of pockets extending about the circumference of the cap-like device, allowing a user to easily alter the mechanical load applied to the user's neck and/or back by the weight belt and cap-like device.

14. The apparatus according to Claim 11, further including a weight support frame having a first band of generally circular configuration extending about the cap-like device and a second, adjustable band attached at either end to the first band and capable of circumferential rotation relative to the first band.

15. The thermal isolator device according to Claim 14, wherein at least one weight is adjustable mounted on the second band.

16. A neck exercising apparatus providing a mechanical load to a user's neck and/or back, comprising:

a cap-like device adaptable to cover portions of a user's hair and scalp;

5 the cap-like device having an outer surface including a plurality of hook and pile-like attachment members;

at least one weight having a surface including a plurality of plurality of hook and pile-like attachment members compatible with the outer surface attachment members, allowing the at least one weight to be releasably  
10 attached to the cap-like device; and

a weight support frame having a first band of generally circular configuration extending about the cap-like device and a second, adjustable band attached at either end to the first band and capable of circumferential rotation relative to the first band.

17. The apparatus according to Claim 16, wherein at least one weight is adjustable mounted on the second band.

18. A method of exercising a user's neck and/or back, comprising the steps of:

positioning a cap-like device having attachment members on its outer surface so as to cover at least portion of the user's hair and/or scalp; and

5 placing a number of separate weights having attachment members into contact with various areas on the cap-like device to fasten the weights to the device, so that the weights provided a mechanical load to exercise the user's neck and/or back.

19. The method according to Claim 18, including the step of mounting a weight belt on the cap-like device and inserting at least one weight into a pocket formed in the belt to alter the mechanical load applied to the user's neck and/or back.

20. The method according to Claim 18, including the step of mounting on the cap-like device a weight support frame assembly having a fixed band and an adjustable band, with at least one weight supported by the adjustable band.

21. The method according to Claim 20, including the step of rotating the second band in a circumferential direction about the user's head to reposition and weight supported by the second band.

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